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Hello Yellow Day - Friday 7th October

Dear Parents/Carers,

Hello Yellow day is once again approaching and, as with previous years, we will be celebrating in school with the children. This is a wonderful opportunity for us to have conversations with our children about mental health and wellbeing and ways they can support themselves and ask for support from others with their own mental health.

Next week in school, children will take part in an assembly to learn what is meant by the term mental health and to discuss how mental health is something that we all have. We will discuss different emotions that children may feel and strategies that children can use independently when they are feeling angry or sad. We will also be completing activities within the classroom to further explore ways that children can improve their self-esteem and confidence to continue developing good mental wellbeing.

We will be celebrating Hello Yellow day in school on **Friday 7th October** and, as with previous years, we are asking that children swap an item of their usual school uniform for something yellow. This is not an own clothes day and children should be in their normal uniform with the exception of one item. In the past, this has taken the form of: a yellow t-shirt instead of the normal white shirt, yellow tie instead of the BHPS tie, yellow jumper instead of a normal school jumper, yellow socks, a yellow bow in the hair or something similar. We will be using this opportunity to raise money for Young Minds - a charity who supports a lot of young people across the country with mental health needs and provides resources for parents and schools to aid with helping children develop healthy responses to negative emotions. There will be staff at the gates and in classrooms collecting a £1 donation for this cause.

We are hoping that this will be a positive event in school for children to begin conversations about their own emotions and mental wellbeing. If you would like more information or resources to support yourself having these conversations at home, please visit the Young Minds website at: <https://www.youngminds.org.uk/parent/>. If you have any concerns or questions about Hello Yellow day in school, please get in touch with me at: h.wigfield@bigginhillps.com.

If you have concerns about your own or your child's mental health, please contact Mrs Sargeant for further advice and support at: k.sargeant@bigginhillps.com.

Yours sincerely,

Heather Wigfield

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PSHE Lead

